

Enjoy the St. James June Journal



ST. JAMES EPISCOPAL CHURCH
A joyful, inclusive community

St. James Community Journal June 2014

Dear St. James Members and Friends,

Please enjoy reading the June St. James Journal. For our upcoming events please visit www.stjamessf.org. If you have items for the next journal, please contact Rose Scarff. For more info about St. James please contact Erazm Pochron in the church office at stjames@stjamessf.org or (415) 751-1198 x2. Thank you!

--Rose and Erazm

Safe Neighborhoods and Schools

by The Rev. John Kirkley, Rector



Since 1982, the War on Drugs has provided a veneer of legitimacy to an unprecedented assault on communities of color that has swelled the prison population in the U.S. from some 300,000 to more than 2 million inmates in just thirty years (larger even than the prison populations of Russia or China). The increase is due overwhelmingly to new harsh sentencing for nonviolent, drug-related felonies, massively disproportionately targeting communities of color and especially men of color.

Today there are more African-Americans under correctional control (including prison, parole, and probation) than were enslaved in 1850. As of 2011, because of laws prohibiting convicted felons from voting, more black men are disenfranchised than in 1870, the year the 15th Amendment was passed to protect their right to vote. In major urban areas, more than 50% of African-American men have felony (again mainly drug possession) convictions. If you add the men who are in prison currently (who, by the way, are not included in calculations of poverty or unemployment), that number shoots up to 80% in some states. This has led to massive social dislocation and economic inequity.

A faith-based movement called the Lifelines to Healing Campaign has begun to address the problem. The Campaign is committed to ending the public health crisis of gun violence in communities of color AND the mass incarceration of men of color, feeding the distress and hopelessness that fuels the violence. Here in California, the Campaign is working to pass the Safe Neighborhood and Schools Act of 2014, a voter initiative that will be on the ballot in November.

This law includes four components that will help reverse the "school to prison pipeline":

1. Reduces nonviolent drug possession and petty theft crimes from felonies to misdemeanors, and authorizes resentencing for anyone incarcerated for these offenses who poses no threat to public safety – both juveniles

and adults. The vast majority of those eligible are men of color.

2. Redirects hundreds of millions of dollars from prisons to education and drug treatment programs. Since 1981, the percentage of California's general fund going to prisons has increased at a rate 22 times that of K-12 education spending. We spend more than \$60K per year on each inmate, and less than \$8.5K on each student. That has to change.

3. Protects public safety by limiting prison release to nonviolent offenders, and focusing law enforcement resources on violent and serious crimes and programs that can stop the cycle of crime.

4. Eliminates the collateral consequences of nonviolent felony convictions by reducing prior convictions to misdemeanors, eliminating barriers to employment, professional trades, housing options, and public assistance programs faced by convicted felons. This also creates greater opportunities for rehabilitation and meaningful employment.

Justice is not color blind in California and correctional institutions increasingly have been privatized as for-profit enterprises incentivizing mass incarceration. Tax dollars that could be invested in educating our children and treating mental illness and addiction are instead subsidizing private prisons. The Safe Neighborhoods and Schools Act of 2014, co-sponsored by retired San Diego Police Chief Bill Landsdowne and San Francisco District Attorney George Gascon, is a first step in common sense reform of our criminal justice system. It will begin to address the underlying causes of gun violence in our neighborhoods by investing in educational and economic opportunity.

As people of faith, we affirm that God is a God of justice, and that to each the gift of the Spirit is given for the common good. In Baptism, we promise to strive for justice and peace among all people, and to respect the dignity of every human being. Supporting the Safe Neighborhoods and Schools Act is a concrete way to translate our faith into action, investing in the common good rather than subsidizing private prisons, and valuing the lives of all our citizens.

Learn more about the Safe Neighborhoods and Schools Act at www.safetyandschools.com, including a link to the full text of the initiative, and the Lifelines to Healing Campaign at www.lifelinestohealing.org. I will be presenting a resolution calling upon our Diocesan Convention to support the ballot initiative in October. Please let me know if you have questions or comments about it.

Service Trip Opens Eyes and Hearts

by *Petrina Grube*



Imagine walking the Stations of the Cross in the streets of León, Nicaragua on Good Friday, accompanied by large statues of Christ, Mary, and St. John. The figurines on beautifully decorated platforms rest on the shoulders of devout locals, swaying together as they walk to offset the weight. Colorful carpets of dyed sawdust depicting scenes from Holy Week and gospel stories adorn the bustling streets. This past Holy Week and Easter Break I had the opportunity to bring a second delegation from my school, St. Vincent de Paul, to León, Nicaragua. This year, six students, along with their parents, braved 100 degree heat to join Nicaraguans in their colorful and elaborate Holy Week traditions.

Some of you may remember me writing about our first trip during Easter Break last year. We travel to Nicaragua with VivendasLeón, an educational exchange and international development non-profit based in San Francisco. Our program begins with observance of Holy Week and Easter in León, a city known for its colorful and rich Holy Week traditions. The culmination on Easter morning found our group in the main plaza at 6 a.m., celebrating with

the triumphant procession of the risen Christ, announced by a little angel, a local child steadying his large paper maché wings as he ran to tell all the good news. The procession proceeded into the main Cathedral, bells ringing, lively music played by a marching band, fireworks shooting off from the Cathedral roof. Our group had the opportunity to celebrate Easter Mass in Spanish. Going up for communion alongside the Nicaraguan parishioners, one is struck again by how we are all united in our faith and joy on this day, reaching across cultures around the world. The exuberant priest presiding that morning urged us all to not keep the good news to ourselves but get out there and be the resurrection in the world.

The Easter morning message was a perfect send off into the second part of our trip, serving in a rural community 45 minutes from León. ViviendasLeón has worked in the rural communities of Goyena for 10 years, helping communities displaced by Hurricane Mitch to build housing, schools, family gardens, an art center, and a community center. They take a long-range approach, helping to start small business cooperatives to allow residents to become more self-sufficient. Regular human-capacity trainings seek to prepare residents to examine their needs and resources and develop plans of action to improve their lives.

Our group jumped in by helping alongside community members with the building of walls for a new clinic at the community center (for two days), and constructing fencing and an irrigation system for two family gardens. These gardens will allow residents to grow corn, green peppers, and beans for their own consumption, as well as to sell at the market. Hauling buckets of gravel and dirt for the walls, digging holes in hard earth for the fence posts, all under the beating sun, left us all hot, dusty, and exhausted. Yet we also came away inspired by the perseverance of the local community members and the fun enjoyed as we all worked alongside each other, with breaks to pet pigs running through the work area, toss stones down the nearby well with local kids, get wet and muddy while throwing water on the newly constructed walls to keep them from drying out too fast, and share many moments of connection with our new friends.

As we returned home, our experiences celebrating Holy Week and Easter in Nicaragua invigorated us in our own faith, seeing how a whole city takes to the streets to express their devotion. Our experiences in the rural community gave us new perspectives on our own standard of living, reminding us to be grateful for all the gifts we enjoy, as well as seek ways to work for more just conditions for all people, both in our own communities and in other countries. We look forward to returning again to Nicaragua with future delegations, and if you are interested in joining such a trip, check out the ViviendasLeón website at www.viviendasleón.org or contact Petrina Grube at petrinag@msn.com.

Here are a few quotes from the students themselves:

"My experience in Nicaragua was different than anything I've ever done before. I have travelled to many places, but never been so immersed in a culture. It was great getting to know so many Nicaraguan people through our home stay and working in the community. It really helped my Spanish. It was very rewarding to help the people of Goyena build a community center and irrigation system. Also, participating in the many festivities and processions of Holy Week in Nicaragua was a once-in-a-lifetime opportunity."

-Maggie, 7th Grade

"Living and working in Nicaragua for a week was very challenging, but absolutely amazing. I really liked working with the people of Goyena."

-Katie, 5th Grade

"I think everyone should visit another country...after visiting Nicaragua, I am more grateful for what I have at home."

-Charlotte, 7th Grade

"I realize how fortunate we are, and how others are happier, it seems, with less."

-Corinne, 7th grade

"This experience has opened my eyes to a new culture and many ways of doing things"

-Felicia, 7th Grade

Supper Club: St. James Threw a Party!

by Barbara Webb, Senior Warden



Photo by Robert Foster

Approximately 70 guests enjoyed a delightful evening of dining and dancing at the St. James Supper Club on Friday, May 30th. The meal was catered by **Mandalay Restaurant** and featured their signature dishes: Tea Leaf Salad, Rainbow Salad, Mandalay Special Noodle, Pumpkin Curry Chicken, Coconut Rice, Walnut Prawns, and Dry Pan Fried Green Beans. Plus appetizers, dessert, wine bar and Carla Borsoi's fantastic kale salad. The Nave was beautifully decorated in yellows, burgundy, and purple with star lights, soft lighting and gorgeous flowers everywhere. It really was like dining under the stars in a garden. Visit (<http://bit.ly/SupperMay14>) for some lovely pictures of the event by Robert Foster.

The Joan Getz Trio featuring Dave Getz on drums and Spellbinder 3 with lead singer Alzara Getz provided music during cocktail and dinner time. After dinner, DJ Brandon Mendiola got everyone shaking their booty. Auntie Fe, you go girl!! Benito Santiago provided lessons on Salsa Dancing.

Raffle prizes were won by Doreen Canton, Marcus Miles, Mary O'Neal, Steve Ramsland, and Bart Thomte.

Many thanks go to the following (and other helping hands too numerous to mention):

- The beautiful decorations and arranging for the musicians – Elia Pochron
- Flowers - Doreen Canton and Noreen Huey
- Appetizers, desserts – Carla Borsoi
- Wine – Charles Neal and Mandalay Restaurant
- Dishes, flatware – Giselle Bosc
- Set-up – Elia and Ryszard Pochron, Charlie Gregg, Roger Wickstrom
- Busing tables, food prep, clean-up – Charlie Gregg, Rebecca Nicolson, Carla Borsoi
- Flyer Design – Rebecca Nicolson
- Ticket design – Ann Reiger-Matthews
- Whatever needed to be done – Erazm Pochron
- John Kirkley for his prayers and faith that we could pull it off.

Special thanks to all of you for attending. Wait until you see what we have planned for the fall!

Fads and Truths

by Terry Potente, LCSW
California Counseling Institute



Like all human endeavors, the practice of psychotherapy has ups and downs, trends and reactions. Since the expanding practice of psychotherapy began in cities at mid 20th century, much has come and gone and come back again. Prior to the professionalization of psychotherapy, mental health treatment was handled by a medicine man, minister, midwife or wise person in the local community who knew the troubled person and the context of the

problem. The relationship was intense, personal and often a mix of religion and theater. This is still the norm in many parts of the world.

Universally, an essential element in mental health treatment is the relationship of therapist to client. In the early post war years, psychoanalysis was the trend and the therapist was a figure in the background. Passive, unexpressive, the relationship of the therapist to patient was that of a mirror or blank slate. In extreme reaction to that model came innovators. For example, Murray Bowen out of Georgetown and Salvatore Minuchin out of Philadelphia developed schools in which the therapist was directive, involved, opinionated, and quite intrusive. and often dramatic. The persona and role of the therapist was large. Bowen would hospitalize entire families to challenge behavior and communication patterns of family members. Minuchin set up reenactments in which he would direct the action and responses of family members. Individual psychiatric hospitalization or medication was considered extremely passé.

With another turn of events, the concept of "chemical imbalance" defined mental health problems and medication became the therapist with the actual therapist as a prescriber or a referral to a prescriber of meds. The act of talking to a therapist was considered a fairly useless means of treating mental illness or mental problems, very passé, very undramatic and "scientific".

Yet there was always a counter culture of practice. Virginia Satir, flamboyant and caring, promoted healthy relationships as the key to mental health even in the face of insults by peers. Jungians continued to practice deep, spiritually based, talk therapy. Relationship between client/patient and therapist was the important element. The more intuitive, relational style was sought out by seekers but wasn't considered "scientific" by the medical elite. Yet therapists, perhaps guiltily at times, sought a deeply relational practice, in which empathy, attachment and attunement made the work more satisfying and intuitively successful.

Refreshingly, we are beginning to get some research data that more objectively examines the elements of the practice that actually promotes success in psychotherapy. And guess what: every theory has a point. Medication is helpful and necessary in certain situations, yet is really only effective over time with relational "talk therapy". Talk therapy is really code for a good client therapist relationship. With some problems such as psychosis, schizophrenia, severe suicidality, medication may be needed before a relationship can be established. However, without a good client-therapist relationship, therapy really is not very effective. Good talk therapy is good client-therapist collaboration and relationship.

Something very profound happens in an intune therapeutic relationship when therapist and client are in synch. Some of the elements are objectively observable such as the physical resonance of breathing, posture, and vocabulary. The client has the felt sense of being heard, seen and valued that is discernible. But there will always be a mystery to the process of healing and change that occurs when a therapeutic relationship is a good fit between therapist and client. What was intuitively known to the early healers, continues to be defined and explored in every school of therapy. The resonance of deep relational attunement creates a trust and base for healing and growth. In that exchange, the spirit is anchored and freed. The truth, I am willing to bank on, is that the significance of the therapist-client relationship will never go out of fashion. It will be most interesting to watch how technology affects that most basic relationship.

Changing Lives One Dollar at a Time

by Barbara Webb



Mothers Helping Mothers met Sunday, June 1st to lend \$1,150 to women who are struggling to make their lives better.

Sampa, from India. Sampa is 39. She is from the remote village of Petkati in Jalpaiguri district. Sampa studied till grade 7. She and her husband, Tapan are raising one child who is a student in grade 10. Sampa's husband is engaged in a small business but is unable to cover the basic needs of his family as well as the educational costs of their son with his small income. To help her family, Sampa wants to do a business of selling Ayurveda medicine. She is requesting this loan to purchase Ayurveda medicine from the medicine wholesalers and initially start the business from her home, later planning to rent a shop in the local market. Her dream is to expand her business in order to give her son a better education in a better school. Mothers Helping Mothers was able to fully fund her loan by lending \$150.00.

Kalakunr Dairy Samuha Self-Help Group, from India. A group of five women from the small village of Kalhakund in Jharkhand formed Kalakunr Dairy Samuha, a self-help group. Gudia is the leader of the group. She is 30 years old, married, living with her husband, daughter and son. Gudia sells milk from the four cows she has; she has been in this business for the last six years. Her net income is Rs. 300/day (less than \$5.00). Gudia wants to purchase one more cow so that she is able to supply the growing demand of customers in the market. Gudia's dream is to increase the family income which will help her purchase the needed study materials for her children's education and pay their school fees. Mothers Helping Mothers was able to fully fund her loan by lending \$75.00.

Fatu from Liberia. Fatu is 30 years old from Paynesville North in Liberia. This town is the largest market in Montserrado County and home to traders who travel to the interior to buy various goods, which they then sell throughout the county. Fatu went to school through grade six. She is married and has four children between the ages of 19 and 3. Her husband is not currently employed. Fatu earns a living by selling red palm oil from a table in the market. She has been in this business for 10 years. She transports her goods by bus and works 10 hours a day. She will use this loan to buy more oil to sell. One of the greatest challenges she faces is slow sales during the rainy season. Her dream is to educate her children and own a store one day in the near future. Mothers Helping Mothers was able to fully fund her loan by lending \$425.00

Nasrin from Iraq. Nasrin is 53 years old. She is married and has one daughter. Twenty-seven years ago, Nasrin bought an old sewing machine and started sewing to assist her husband with the family income. She has gained an excellent reputation in the neighborhood, thanks to the quality of her work and affordable prices. Nasrin is asking for a loan to buy a new sewing machine, an embroidery machine, fabric, and an iron to increase her production. Her dream is to grow her business and open a small sewing shop. Mothers Helping Mothers loaned Nasrin \$500 to help her improve her workplace conditions.

To date Mothers Helping Mothers has made a total of \$14,550 in loans to 63 recipients in 35 countries. Thank you St. James for your support!

Poetry Corner

a poem by Christie Higgins



You as my measure.
cantering fields of grass.
Without a doubt my treasure.
Resounding horns of brass.

Mysterious and complex
Loving me with your eyes.
Concomitant reflex.

cannot be disguised.

An ambiance with grace.

to last detail in mind.

Creative, beautiful, space.

O' author of divine.

Just for Fun: Instaprayer



Editor's Note: Debbie Sham shares this piece which she got from Rabbi Stephen S. Pearce in the class she took from him at the Fromm Institute. Enjoy!

Thank you for calling Heaven . . .

- For Hebrew, press 1.
- For Latin, press 2.
- For Yiddish, press 3.
- For all other languages, press 0.

Please select one of the following options:

- For Requests, press 1.
- For Giving Thanks, press 2.
- For Complaints, press 3.
- For all other inquiries, press 4.

I'm sorry, all personnel are busy helping other sinners right now, however, your prayer is important to us. And your prayer will be answered in the order in which it was received, so please stay on the line. If you require special attention, and would like to speak to one of the following:

- To speak to God, press 1.
- To speak to Jesus, press 2.
- For Moses, press 3.
- For a complete directory, press 4.
- If you would like to hear King David sing a psalm while you are holding, press 5.
- To find a loved one who has been assigned to heaven, press 6, then enter his or her social security number, followed by the "pound" sign. (If you receive a negative response, please hang up, and try area code 666.)
- For answers to nagging questions about dinosaurs, the age of the earth, life on other planets, and where Noah's Ark is, please wait until you arrive here.
- Our computers show that you have already prayed today. Please hang up and try again tomorrow. The office is closed for the week end to observe a religious holiday. Please pray again on Monday, after 9:30 a.m. If you are calling after hours and need emergency assistance, please contact your local religious representative. Thank you, and have a Heavenly Day.

JUNE CALENDAR

June 1, Sunday	Services at 8 a.m. & 10 a.m. Mindfulness Meditation after 10:00 a.m. service
June 5, Thursday	6:30 p.m. <i>Lectio Divina</i> group
June 6 – 8	St. James Gourmet Camping Trip at Samuel P. Taylor Park
June 8, Sunday	Service at 8 a.m. & 10 a.m. Service 9 a.m. Choir Practice St. James serves at Martin de Porres House of Hospitality
June 14, Saturday	7:30 a.m. Men's Breakfast
June 15, Sunday	Services at 8 a.m. & 10 a.m. Noon – Vestry Meeting – Caldwell Room
June 19, Thursday	6:30 p.m. <i>Lectio Divina</i> group
June 22, Sunday	Services at 8 a.m. & 10 a.m. 9 a.m. Choir Practice
June 28, Saturday	10 a.m. Women's Group meeting at Creative Canopy
June 29, Sunday	Services at 8 a.m. & 10 a.m.
Every Tuesday	7:30 a.m. Morning Prayer & Meditation
Every Wednesday	6:30 p.m. Evening Prayer & Meditation 7:30 p.m. Buddhist Meditation in Caldwell Room

The St. James Community Journal is a monthly publication on behalf of:

St. James Episcopal Church

The Reverend John Kirkley, Rector
4620 California Street
San Francisco, CA 94118
415.751.1198
stjames@stjamesf.org
www.stjamesf.org

St. James Preschool

Roger Setterfield, Head of School
4620 California Street
San Francisco, CA 94118
415.752.8258
rsetterfield@stjamesf.org
www.stjamespreschoolsf.org

The California Counseling Institute

Elaine Chan-Scherer, Clinical Dir.
Meg Bloomfield, Executive Dir.
4614 California Street
San Francisco, CA 94118
415.752.1702
ccpsyche@earthlink.net
www.californiacounseling.org

We welcome your articles
on or before the 15th
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Please send submissions
to Rose Scarff at
Rose.Scarff@gmail.com

Editor:

Rose Scarff

Production:

Rose Scarff
and Erazm Pochron,
Andrew Hom *in spiritu*